

Safety Plan Checklist

This checklist is designed to help you prepare a safety plan if you are in an abusive relationship. Keep it in a safe, hidden place and update it regularly. If you are in immediate danger, call 911.

- Pack an emergency bag (clothes, keys, money, medications, important documents).
- Keep a list of important phone numbers hidden but accessible.
- Identify a trusted friend, neighbor, or relative who can help in an emergency.
- Teach children how to call 911 and where to go if danger escalates.
- Have a spare set of car keys hidden in a safe place.
- Plan safe times to leave (when the abuser is not at home or distracted).
- Arrange a code word with friends/family to signal when you need help.
- Know where your nearest domestic violence shelter is located.
- Clear browsing history and use safe devices when searching for help.
- Turn off location services on your phone and apps.
- Memorize or write down the National Domestic Violence Hotline: 1-800-799-7233 (SAFE).